



WEEK 3: DETOXING THE BODY

Becoming healthy is about getting the good nutrition into the body while also getting the toxins out of the body. Removing toxins from the body is a process called detoxification.

Doesn't our body have a way to detoxify itself? Yes, it's true that the body has a detoxification system built right in: The liver filters out environmental toxins that circulate in the blood, the kidneys flush out digestive byproducts like uric acid and mineral buildup, and the lungs filter the air we breathe. The skin eliminates toxins through sweat, while the intestines remove those neutralized toxins out of the body.

It's also true that our bodies aren't always up to handling the sheer amount of toxic chemicals that we modern humans are exposed to on a daily basis. Unlike any other time in human history, we are now living in a world that is more toxic than it ever has been in the past. Our exposure to toxic substances has increased due to environmental pollution, chemicals in our foods, and pharmaceutical and recreational drug use. 100,000 new chemicals have been created since WWII. Of these, only a fraction have been tested for their safety.

Sadly, even in the most pristine places on earth, scientists have found disturbing levels of man-made chemicals in the wildlife, plants, and water. This is because they are released from smokestacks, dumped into oceans, lakes, and rivers, sprayed on food crops, and used in manufacturing.

Each year chemical companies in the US make over 6 trillion pounds of 9000 different chemicals and releases over 7 billion pounds into the atmosphere and environment. Because these toxins permeate our air, water, and food, they make their way into our bodies. These chemicals have been linked to cancer, brain and nervous system disorders, birth defects, and all sorts of health problems.

Chemicals are called endocrine disruptors, meaning they damage the hormone receptors on our cells. These receptors are meant to receive the hormones produced by the body, then send the appropriate signal to the cell- telling it what to do. Because chemicals have a similar structure to hormones, they can fit exactly in the hormone receptors just like the hormone does. What happens is the hormone cannot get to the cell receptor site because the chemical is in its place. That is why we have so many hormonal issues nowadays.

Some people remember a toxic exposure that was significant, but for most of us, it's the minute amounts of thousands of everyday chemicals that are adding up and compromising our health. It's the small amounts of chemicals from perfume, deodorant, hair spray, new carpeting, paint fumes, automobile exhaust, pesticides, dry cleaning chemicals on our clothes, air fresheners, cleaning products, vaccines, pharmaceutical drugs, and the list goes on.

It's the cumulative effect of thousands of chemicals in our everyday life that add up. The problem is that the body cannot detoxify all of them. The liver is working overtime to do it all, but what it cannot manage, gets tucked away in our fat cells for another day, and the result is that we slowly build up a toxic burden of chemicals in our fat cells and tissues. This is what is happening right now and most people are unaware of it.

SYMPTOMS ASSOCIATED WITH TOXICITY

Symptoms of toxic overload can include pretty much anything, but here are the common signs:

- Fatigue
- Brain fog
- Compromised digestion
- Skin rashes or burning
- Respiratory problems such as asthma
- Low thyroid function
- Adrenal fatigue
- Insomnia
- Irritability and Mood Swings
- Joint Pain
- Depression
- Anxiety
- Sensitivity to chemicals or fragrances
- Memory loss
- Elevated liver enzymes
- ADHD or ADD

IS YOUR HOME HEALTHY?



Your home should be a healthy place to live, but sometimes it is a source of toxic chemical exposure. Use this checklist to check your house for possible sources of toxins and switch to safer, natural alternatives. Put a checkmark next to the ones that you need to work on.

KITCHEN



Do you cook with non-stick cookware?

The Teflon-coating on non-stick cookware releases toxic compounds when heated.

Solution: Replace it with stainless steel, enameled cast iron, or glass.

Do you use aluminum foil or aluminum pans?

Aluminum is a heavy metal that is toxic and can cause many health problems.

Solution: Use parchment paper or wax paper instead.

Do you use plastic containers to store food or water?

Food stored or heated in plastic contains toxic compounds that cause health problems. **Solution:** Store food and water in glass containers instead.

Do you drink tap water at home or in restaurants?

Tap water contains trace levels of heavy metals, environmental chemicals, drug residues, etc.

Solution: Use a water filter and replace the filter as necessary.

Do you eat tuna fish regularly?

Tuna is very high in mercury, one of the most toxic compounds known to man.

Solution: Eat salmon and other small wild-caught fish instead.

Do you use a microwave?

Microwaves produce radiation and cause molecular changes in the food that is harmful.

Solution: Use a toaster oven, stovetop, or oven to reheat or cook foods.

LAUNDRY & CLEANING SUPPLIES



Are your cleaners safe?

Most cleaners contain all sorts of chemicals. **Solution:** Use non-toxic things like vinegar, baking soda, and microfiber cloths. Seventh Generation is a good alternative.

Do you use static-free dryer sheets?

Dryer sheets are loaded with chemicals and fragrances that are very toxic.

Solution: Use a non-toxic dryer ball instead.

Do you dry clean your clothes?

Many dry cleaners use chemicals that are very toxic. **Solution:** Use a non-toxic dry cleaner.

BATHROOM



Do you use air fresheners or scented candles?

Don't!! Air fresheners contain many toxic chemicals that contaminate the air you breathe with man-made chemicals.

Solution: Natural essential oils can be diffused for both a pleasant aroma as well as health benefits. DoTERRA is a very clean brand of essential oils that can be diffused.

Do you use lotions, cosmetics, deodorants, shampoos, or soaps containing synthetic chemicals or fragrances?

What goes on your skin will get in your body! So if you wouldn't eat it, you shouldn't use it on your skin. Go to <https://www.ewg.org/skindeep/> to find non-toxic products.

Solution: Use fragrance-free products that contain natural ingredients only.

Do you use toothpaste with fluoride?

Flouride is toxic if swallowed. It can interfere with thyroid hormones.

Solution: Buy fluoride-free toothpaste, especially for kids.

ALL AROUND THE HOUSE



Do you use pesticides or insecticides?

Pesticides are highly toxic and should not be used inside a home. They damage the nervous system and can last for years in the body.

Solution: non-toxic pest control companies use essential oils, boric acid, and herbs.

Do you have wireless devices or a wireless router or a Smart meter?

Continual exposure can cause health problems, such as insomnia, adrenal fatigue, etc.

Solution: Switch to a wired router and use corded phones for the safest alternative. Or you can also turn off wireless devices at night for better sleep.

Do you use compact fluorescent light bulbs?

They contain mercury and should be handled and disposed of safely. Broken bulbs can be a health hazard because they can release mercury so be sure to clean up properly.

Solution: Use incandescent or halogen bulbs instead.

Do any areas of your house have visible mold or a musty smell?

Mold is a serious hazard. Have a mold inspector test your house if you suspect any mold problems. **Solution:** We have mold remediation protocol recommendations.

Do you change the filter on your HVAC system regularly?

Indoor air can be toxic and can trigger allergies and health problems.

Solution: Change your filter every 4-6 months to maintain good air quality.



DETOXING THE MIND: CORE BELIEFS

A core belief is a subconscious belief that you may be unaware of that drives thoughts and behaviors. Here's how it works: If you believe that dogs are friendly, then the appearance of an excited dog that jumps at you will produce joy. But if you believe that dogs are dangerous, then the same behavior of the dog will produce fear. The situation was the same, but it was your underlying belief that determined how you responded. Change your belief, and your reaction to the same situation will change. Here are some common beliefs and how they can become particular behaviors.

BELIEF	THOUGHT	FEELING	BEHAVIOR
I'm broken or unlovable	No one likes me. I don't fit in.	Isolated, unlovable, and lonely	Decides to stay home instead of going out with friends.
I'm not good enough	I don't feel good about myself unless I am doing something productive	Driven to stay busy. I get my worth from what I accomplish	Working too much. Can't relax and do nothing without feeling guilty.
The world is not a safe place	Imagining worst case scenerios	Dread and fear	Unable to let guard down. Hypervigilance. Always need to have a crisis going on.
I don't matter	I am not valuable. I am not significant.	I get anxious when others get attention and I don't.	Driven to perform to get attention from others.
There is something wrong with my body	I always catch every illness that comes around	Sickly and fearful of catching every disease	Germphobic and hypochondriac

Beliefs are typically formed from your childhood experiences, such as when someone said something to you, either a parent, sibling, or teacher, and that became one of your beliefs. Many times beliefs we have of ourselves or of the world around us are not based on facts, they are based on lies or someone else's opinion of us! If you were told when you were younger, "You'll never amount to anything", then you might have the belief that "I'm not good enough";

Even though you have what it takes to be successful. The words said by others to us can become our internal self-talk: the inner voice in our head. The problem is that the body responds to what you are thinking with the corresponding feelings, so it is important to pay attention to what that voice in your head is saying.

Your beliefs can either be empowering or disempowering. Your beliefs will lead to happiness, depression, fear, or anxiety. Empowering beliefs are beliefs that we have about ourselves that are helpful, positive, and accurate. They give us power because they positively affect our thoughts, feelings, and actions. They help us take positive action and enable us to feel good about ourselves. Disempowering beliefs are negative, unhelpful, and keep us stuck because they make us feel like a victim without any control over our situation. They keep us stuck in negative thought patterns and behaviors. This can manifest as self-sabotaging behaviors that get in the way of our goals. They fuel fear and anxiety in our lives.

Because of these disempowering beliefs, we can have a tendency to assign meaning to circumstances that we face in life based on those beliefs and it affects our perception of that circumstance. We may view challenges we face as negative because of our beliefs. We can even get caught up in thinking traps where a minor challenge causes us to go into a downward spiral where one negative thought leads to another as we imagine the worst case scenario in our minds. And before you know it, life is doomed to fail entirely!

The problem is that we get so accustomed to our fear patterns that we cannot even see reality for what it really is. Our beliefs cause us to perceive the world around us through a lens that is colored by those beliefs, and that is why two different people can experience the same thing, but react completely differently! Sometimes negative thoughts and feelings are so familiar that we don't stop to question whether they are actually true! When a negative thought shows up in your head or when you are in the midst of a circumstance that looks negative, I want you to ask yourself these questions: •Is there another way to think about this situation? What else could be true aside from what I'm making up in my head?•What advice would I give to a friend who was in this situation?•Are there positive things about this situation that I am overlooking?•How likely is it that my negative thinking about this is correct? If it is correct about this situation, what is the worst thing that can happen? How likely is it that this will happen?

EMPOWERING VS DISEMPOWERING BELIEFS

Your beliefs are either empowering or disempowering. One lead to health and growth, while the other leads to fear and behavior that does not support health. It is the disempowering beliefs that cause fear, anxiety, low self worth, and can manifest as illness if not dealt with.

You can eat all the healthy food and take all the supplements, but if you continue to believe disempowering thoughts, it can keep you from a mindset that supports health. Eventually it can manifest as physical symptoms.

What beliefs do you find yourself thinking most often from this list below?

DISEMPOWERING BELIEFS	EMPOWERING BELIEFS
I'm not worth it	I am valuable and worthy of love
I'm not good enough	I am enough
It never works out for me	Things always work out for me
I can't _____	I can _____
There is something wrong with me	I am perfect, just as I am
I am unlovable	It is my birthright to be loved and to love
I am not important or significant	I am significant and important. I belong
If they find out who I really am, they will reject me	It is safe to be myself around others even if I am different
I ruin everything I touch	I bring positive energy to everything I touch
No ones cares about what I have to say	My voice matters and deserves to be heard
Nobody cares about me	I am worth loving and fighting for
I'm broken	My pain does not define me or my future
Nothing I do is ever good enough	I bring my best to everything I do

What beliefs do you find yourself thinking most often from previous pages?

DISEMPOWERING THINGS I SAY OR THINK:

WHAT EMPOWERING THOUGHTS CAN I CHOOSE INSTEAD?

NOTES



DETOXING THE SPIRIT: WOUNDS & TRIGGERS

A trigger is something that sets off a memory or flashback, transporting the person back to the event of her/his original trauma or wound. This trauma reminder can cause a person to feel overwhelming sadness, anxiety, anger, fear, or panic. It is a negative memory that may appear without warning. It can cause someone to lose track of their surroundings and “relive” the traumatic event.

Triggers are very personal; different things trigger different people. The person may begin to avoid situations, people, and stimuli that they think triggered the flashback. People will often respond to the flashback/trigger with the same emotional intensity that they experienced with the original trauma. It’s like a landmine that even the person may not be aware of, until it “goes off”.

A person’s triggers are activated through one or more of the five senses: sight, sound, touch, smell and taste. The senses identified as being the most common to trigger someone are sight and sound, followed by touch and smell, and taste close behind.

SIGHT TRIGGERS

- Often someone who resembles the abuser or who has similar traits or objects (ie. clothing, hair color, distinctive walk).
- Any situation where someone else is being abused (ie. anything from a raised eyebrow and verbal comment to actual physical abuse).
- The object that was used to abuse
- The objects that are associated with or were common in the household where the abuse took place (ie. alcohol, piece of furniture, time of year).
- Any place or situation where the abuse took place (ie. specific locations in a house, holidays, family events, social settings)

SOUND TRIGGERS

- Anything that sounds like anger (ie. raised voices, arguments, bangs, something breaking).
- Anything that sounds like pain or fear (ie. crying, whispering, screaming).
- Anything that might have been in the place or situation prior to, during, or after the abuse or reminds her/him of the abuse
- Anything that resembles sounds that the abuser made (ie. whistling, footsteps).
- Words of abuse (ie. cursing, labels, put-downs, specific words used).

SMELL TRIGGERS:

- Anything that resembles the smell of the abuser (ie. tobacco, alcohol, drugs, perfume).
- Any smells that resemble the place or situation where the abuse occurred

TOUCH TRIGGERS

- Anything that resembles the abuse or things that occurred prior to or after the abuse (ie. certain physical touch, someone standing too close, the way someone approaches you).

TASTE TRIGGERS

- Anything that is related to the abuse, prior to the abuse or after the abuse (ie. certain foods, alcohol, tobacco).

TRIGGERS OR WOUNDS YOU ARE BECOMING AWARE OF:

WHO DO YOU NEED TO FORGIVE?

FORGIVENESS EXERCISE

- **STEP 1:** The first step is to really understand what Jesus did for you. To recognize how much YOU have been forgiven. Jesus wants you to know to the depths of your soul what His death on the cross did for you. And so thanking Him for what He did for you is the first step.
- **STEP 2:** Then ask the Holy Spirit to bring to your mind any wounds in your soul. And as He does, ask Him to bring to your memory every situation that needs to be forgiven—every wound to be healed.

Say this: “Lord, I confess my sin of devaluing
the blood of Jesus and what He did on the cross
by not forgiving _____ for these wounds.

“I choose to forgive _____ for _____, _____, and _____
from my heart.

“I declare that this person is no longer in my debt for these
things, and I transfer that debt to the cross right now.”

If you want to visualize the wound in your mind’s eye as a place on your body, and then visualize the wound being filled up by Jesus’ blood. To heal the wound completely, you can visualize a beam of light, like the beam of light on a copy machine, which is the Light of Jesus, going over the wounds and healing it completely.

Sometimes deeper wounds or suppressed pain may not be as easy for you to deal with on your own, and you may want to work with your coach who can help you uncover these things so you can be healed. Don’t beat yourself up if you feel like you can’t do it on your own.

- **STEP 3:** Bless the person who hurt you. You know that you’ve really forgiven someone when you can bless them, so the final step in this process is to pray a blessing over that person. You know you’ve done it when you can bless them from your heart and mean it.